



Lunch

2011

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
3 Loaded Potato Strips Chicken Tenders Oven fries Cinnamon Apples <u>Manager's Option</u> Cheeseburger on Bun	4 Teriyaki Chicken over Fluffy Rice Tuna Salad on Philly Roll California Vegetable Medley Apple Brown Betty <u>Manager's Option</u> Chicken Tenders	5 Chef Salad with Turkey Ham on Bed of Lettuce Whole Wheat Dinner Roll or Buffalo Chicken Pizza Tossed Romaine Salad w/ Ranch Dressing Diced Pear <u>Manager's Option</u> Chicken Patty on Burger Bun	6 Cheeseburger on Bun Cajun Chicken w/Black Bean Brown Rice Autumn Vegetable Medley Mixed Fruit Cup <u>Manager's Option</u> Chicken Nuggets	7 Buffalo Chicken Patty on Multi Grain Bun w/Lettuce & Pickle or Lasagna Tossed Romaine Salad w/ Ranch Dressing Pineapple Cup <u>Manager's Option</u> 5" Round Pizza	KCals 726.27 Protein 27.66g Vit A 1938.1 (IU) Vit C 20.56mg Iron 3.19mg Calc 393.52mg T.Fat 24.16g S.Fat 7.03g
10 Chili Cheese Wrap with Salsa Cheese Steak on 6" Hoagie Roll Steamed Broccoli Apple Sauce <u>Manager's Option</u> Chicken Tenders	11 Hot & Spicy Chicken Wrap Whole Wheat Penne & Meatballs in Tomato Sauce Italian Vegetable Medley Diced Pear Crackers & jelly <u>Manager's Option</u> Cheeseburger on Bun	12 Chef's Salad w/Hard Boiled Egg & Garlic Bread Stuffed Crust Pizza Seasoned Carrots Peach Cup Crackers & jelly <u>Manager's Option</u> Chicken Patty on Burger Bun	13 Cheese Ravioli w/Tomato Sauce Garlic Bread Pizza Quesadilla Seasoned Peas Pineapple Cup Crackers & jelly <u>Manager's Option</u> Chicken Nuggets	14 Chef's Salad w/Turkey Ham Whole Wheat Dinner Roll Beef Hot Dog On Bun Blueberry Betty Oven Fries <u>Manager's Option</u> Hot Sausage on Bun	KCals 727.57 Protein 27.31g Vit A 2382.22 (IU) Vit C 24.74mg Iron 3.5mg Calc 435.78mg T.Fat 21.53g S.Fat 7.94g
17 MLK DAY SCHOOLS CLOSED 	18 Stuffed Crust Pizza Meatball Sandwich on 6" Philly Roll California Vegetable Medley Peach Cup <u>Manager's Option</u> Chicken Tenders	19 Chef's Salad w/Tuna Whole Wheat Dinner Roll 4x6 Sicilian Pizza Tossed Romaine Salad Ranch Dressing Apple sauce <u>Manager's Option</u> Chicken Patty on Multi Grain Burger Bun	20 Oven Baked Crunchy Fish Filet Turkey Salad on Philly Roll Mixed Fruit Cup Oven Fries <u>Manager's Option</u> Chicken Nuggets	21 Cheeseburger on Bun Chili Cheese Wrap with Salsa Black Bean Brown Rice Peach Cup Seasoned Carrots <u>Manager's Option</u> 4x6 Pizza	KCals 748.4 Protein 30.39 g Vit A 3270.76 (IU) Vit C 23.69mg Iron 3.6mg Calc 467.34mg T.Fat 22.24g S.Fat 7.05g
24 Loaded Potato Strips Stuffed Shells w/ Tomato Sauce Italian Vegetable Medley Cinnamon Apples <u>Manager's Option</u> Cheeseburger on Bun	25 Teriyaki Chicken over Fluffy Rice Tuna Salad on Philly Roll Oven Fries Blueberry Betty <u>Manager's Option</u> Chicken Tenders	26 Chef Salad with Turkey Ham on Bed of Lettuce Whole Wheat Dinner Roll Buffalo Chicken Pizza Tossed Romaine Salad Diced Pear <u>Manager's Option</u> Chicken Patty on Burger Bun	27 Cheeseburger on Multi Grain Bun Cajun Chicken w/Black Bean Brown Rice California Vegetable Medley Pineapple Cup <u>Manager's Option</u> Chicken Nuggets	28 Buffalo Chicken Patty on Bun Lettuce Pickle or Lasagna w/Tomato Sauce Tossed Romaine Salad w/ Italian Dressing Mixed Fruit Cup <u>Manager's Option</u> 5" Round Pizza	KCals 742.83 Protein 31.39 Vit A 2600.14 (IU) Vit C 29.87mg Iron 3.96mg Calc 477.15mg T.Fat 20.11g S.Fat 6.78g
31 Chili Cheese Wrap with Salsa Chicken Tenders Oven fries Cinnamon Apples <u>Manager's Option</u> Cheeseburger on Bun		Manager's Daily Entre Option: Salad bar Deli Bar	Menu items are subject to change based upon availability	Assorted Fresh Fruit and/or Canned Fruit & a Variety of fat content White or Chocolate and Lactaid milk are offered daily	